

CCHC LESSON PLAN FOR HEALTH ISSUE TRAININGS/CLOCK HOURS

Presentation Title: Building Resilient Children in the Child Care Setting 2.0

Submitted by (LPHA name or DHSS): Platte County Health Department

Date submitted: October 17, 2017

Learning Objective(s):

Adverse Childhood Experiences (ACE factors) go hand in hand with social determinants of health.

- Participants will be more aware of how trauma can have long term impacts on children
- Participants will assess their own ACE factor
- Participants will have a better understanding of the importance of: 1) modeling healthy relationships 2) teaching self-care 3) making healthy connections and 4) utilize resources to empower resiliency in the child care setting

Presentation Outline:

PART I: Discussion and Video (1hr)

- Introduction to ACES (Adverse Childhood Experience Study)
- Watch Video: Resilience, The Biology of Stress & The Science of Hope

PART II: Discussion and PowerPoint

Assess: The first step in becoming trauma informed: Assess your own trauma
Take the ACE Survey and Resilience Questionnaire

Reflect: Presence or absence of loving supportive adults:
Modeling Healthy Relationships and Behaviors

Universal Strategies to Build Resilience

- Make Connections
- Model and Teach Self-Care
- Challenge Growth: Expectations and limits/Goal Setting

PART III:

- Discussion/Resources: Miss Kendra's Story
- Build resilience in your center: Miss Kendra's List
- Evaluation

Resources used (power point, video, props):

Video:

- Resilience The Biology of Stress & The Science of Hope
- Google 'Resilience Trailer' for preview

Handouts:

- Finding Your ACE Score
- Resilience Questionnaire
- Follow Up Packet (ASSESS, REFLECT, ACT)
- Universal Strategies to Build Resilience: Miss Kendra's Story, Miss Kendra's List

Clock Hour Trainings are developed utilizing best practice references such as the "Kansas and Missouri Core Competencies for Early Childhood and Youth Professionals" (Content Area V: Health and Safety), and the National Health and Safety Performance Standards, "Caring for Our Children." Consultants developing new lessons for clock hour trainings should use this template and submit to the CCHC Program Manager for approval. Clock Hour Trainings already approved by the CCHC Program Manager and the MO Workshop Calendar are approved for use by any contracting LPHA. Approved lesson plans are reviewed by the CCHC Program Manager at a minimum of every three years, and are therefore considered approved if in circulation until otherwise instructed by the CCHC Program Manager.